



Kids Kickboxing



UFMA Dundurn

About the Program

Our Kids Kickboxing classes will teach the fundamentals of kickboxing in a fun way without the physical contact with one another. We have a set curriculum that begins with basic combinations and as students become comfortable with the techniques, they will move on to more advanced moves. Students will learn to use the heavy bags effectively which will build their confidence as well as improve their cardio and conditioning

All classes are taught by black belt instructors

905 527-8915

call us today for more info & to sign up

CLASSES

Mondays, Tuesdays, Thursdays
3:45-4:15 pm

\$99 registration fee which includes:
8 oz gloves
a kickboxing t-shirt
1st month of classes free

Location: UFMA Dundurn
407 Charlton Ave. W.

ufmahamiltonwest@gmail.com

Have fun
Build Self Confidence
Develop cardio & conditioning